

## WHAT IS ENDOMETRIOSIS

Endometriosis is a condition where tissue similar to the endometrium (the lining of the uterus) grows in abnormal locations such as the ovaries, fallopian tubes, pelvic lining, bowel, bladder, appendix and other organs.

The tissue grows in response to reproductive hormones where oestrogen stimulates patches forming superficial, lesions or endometrioma (ovarian cysts). This can lead to symptoms being worse at certain times of the cycle, in particular at ovulation, prior to and during menstruation.

Inflammation is generally present, and adhesions (scar tissue) can also form in response, this is what causes pain.

Endometriosis within the muscle tissue of the uterus is known as adenomyosis, typically characterised by an enlarged uterus and heavy menstrual flow as well as pain at time of period.

## WHO CAN HAVE ENDOMETRIOSIS



1 in 10 people born with female reproductive organs have endometriosis.

Endometriosis does not discriminate against age, race or ethnicity.

## COMMON SYMPTOMS



Pain that stops you during or around the time of your period (dysmenorrhoea)



Pain during or after intercourse (dyspareunia)



Pain in your pelvic region, lower back or legs



Pain during or around the time of ovulation



Frequent urination or painful urination (dysuria)



Fertility problems



Painful bowel movements (dyschezia)



Cyclical bloated abdomen, constipation, or diarrhoea



Premenstrual spotting



Immune system issues



Constant tiredness / fatigue



Depression, low mood, PMS

## IMPACTS OF ENDOMETRIOSIS



School



Study



Work



Relationships



Travel



## CAUSES



There are several theories and ongoing international research into the cause of endometriosis. It is widely believed that endometriosis is familial; a person born cis female are more likely to have endometriosis if their mother, sister/s, or aunt/s have the condition, either maternal or paternal

## DIAGNOSING ENDOMETRIOSIS



Laparoscopic Diagnosis  
Gold standard of diagnosis



Clinical (Presumptive) Diagnosis  
Based on symptoms, medical and family history

## ENDOMETRIOSIS STAGES



Minimal



Moderate



Mild



Severe

## ENDOFOUND ENDOMETRIOSIS CLASSIFICATION CATEGORIES



Peritoneal Endometriosis



Ovarian Endometriosis  
(Chocolate Cysts)



Deep Infiltrating Endometriosis I  
(DIE I)



Deep Infiltrating Endometriosis II  
(DIE II)

## TREATMENT AND PAIN MANAGEMENT



Surgical



Hormonal



Pain relief and  
modication



Lifestyle